

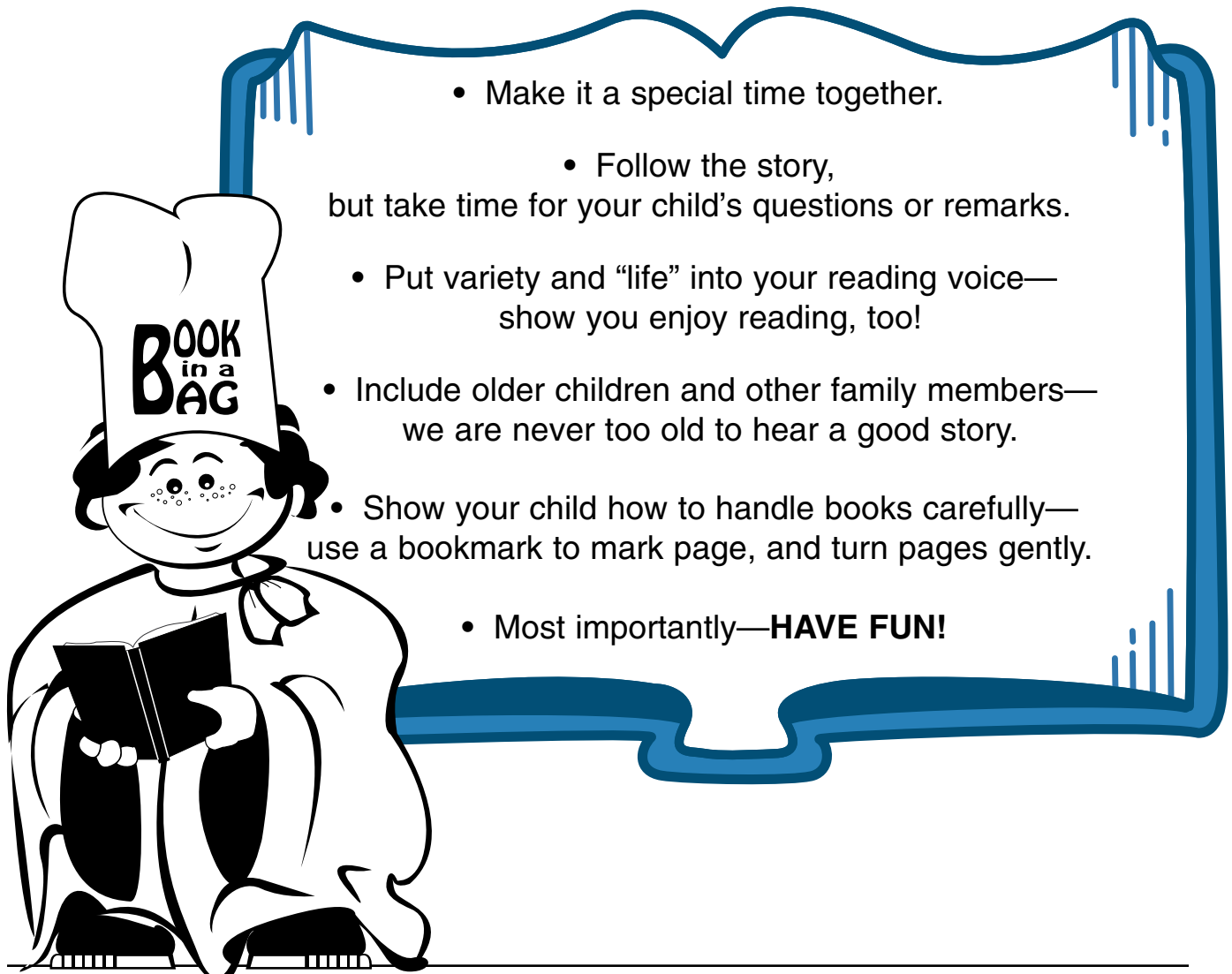
Parent's Page

A Look at Our Book

Today your child enjoyed the book, *Healthy Eating with MyPyramid: The Vegetable Group* by Mari C. Schuh. In this book, children learn about eating a variety of colorful and healthy vegetables. The vegetable group is part of MyPyramid which teaches you about foods and amounts that are right for you. The children in the story make a vegetable pizza—a great way to vary your veggies!

Ask your child about the healthy vegetable snack that they prepared along with this story.

Make time to read together with your child. Remember these tips when sharing a story.



This project is supported by the USDA through a contract awarded by Income Maintenance/Employment Preparation Services, Kansas Department of Social and Rehabilitative Services.

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Rainbow Veggie Pocket

Carrots, tomatoes, red peppers
Broccoli, green peppers, cucumbers, frozen peas, spinach
Cauliflower, yellow peppers, cooked corn, garbanzo beans
Small Pita bread or small flour tortilla
Fat-free Ranch dressing



1. Wash and dry vegetables.
2. Cut into bite-size pieces and place in individual bowls.
3. Cut Pita bread in half and stuff with at least three different-colored vegetables or place veggies on one-half of tortilla and fold over.
4. Top with Ranch dressing.

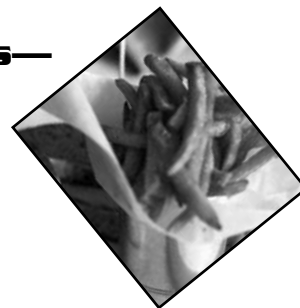
Children can dice veggies with plastic knives on a paper plate or cutting board, or if time is short, have individual bowls with diced vegetable ready-to-serve.

Nutrition Facts: $\frac{1}{2}$ veggie pocket provides 60 calories, .5g total fat, 0mg cholesterol, 90mg sodium, 12g total carbohydrate

Sweet Potato Fries— a tasty side-dish

Makes 4 servings

2 large sweet potatoes, peeled
1 to 2 tablespoons canola oil
or low-fat cooking spray



1. Pre-heat oven to 375 degrees.
2. Cut sweet potatoes into strips like French fries.
3. Toss sweet potatoes with oil or lightly coat with cooking spray.
4. Place potatoes in a single layer on baking sheet.
5. Bake for 30 minutes or until tender.

Nutrition Facts: One serving provides 90 calories, 3.5g total fat, 0mg cholesterol, 35mg sodium, 13g total carbohydrate

Getting Kids to Eat Vegetables

- Serve raw vegetables cut into bite-size pieces with a low-fat dip.
- Try steaming vegetables—don't over-cook.
- Let your child help choose and prepare vegetables.
 - Plant a garden with your child.
 - Set a good example—let your child see you eating and enjoying vegetables daily.

Read All About It!

Here are some additional books you might enjoy sharing with your child!

- *Soup for Supper* by Phyllis Root
- *The Ugly Vegetables* by Grace Lin
- *Tops and Bottoms* by Janet Stevens
- *One Potato* by Diana Pomeroy

**Check for these titles at the
public library!**